

NUTRITION

UNDERSTANDING FAT

Understanding the different types of fats and fatty acids can help you make better choices when it comes to selecting an oil or fat. A few simple changes in eating, cooking and exercising can bring about changes in cholesterol levels and risk for heart disease.

THREE KINDS OF FATS

Saturated Fatty Acids

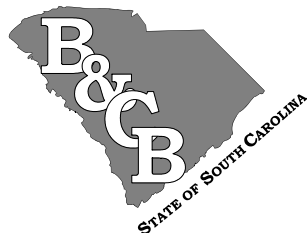
- Saturated fats are usually solid at room temperature. Saturated fats are the main dietary culprit in raising blood cholesterol. Sources of saturated fats are products produce by animals and plants such as coconut and palm oil.

Polyunsaturated and Monounsaturated Fatty Acids

- Polyunsaturated oils are liquid at room temperature and in the refrigerator. Common sources of polyunsaturated fatty acids are safflower, sesame and sunflower seeds.
- Monounsaturated oils are liquid at room temperature but start to become solid at refrigerator temperatures. Canola, olive and peanut oil and avocados are sources of monounsaturated fats.
- Both types of unsaturated fats may help lower your blood cholesterol level when used in place of saturated fats. You should be moderate in your use of all types of fat.

Hydrogenated Fat

- These are fats that undergo a chemical process to make a liquid oil into a more solid form. Recent studies suggest hydrogenated fats may raise blood cholesterol.



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